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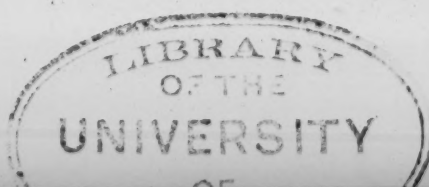
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As these cheap and inefficient substitutes are frequently dispensed instead of the genuine preparation, physicians are earnestly requested, when prescribing the Syrup, to write "Syr. Hypophos. ***Fellows.***"

As a further precaution, it is advisable that the syrup should be ordered in the original bottles; the distinguishing marks which the bottles (and the wrappers surrounding them) bear, can then be examined, and the genuineness—or otherwise—of the contents thereby proved.



CALIFORNIA MEDICAL JOURNAL.

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Hints on the Treatment of Typhoid Fever.

BY JOHN ALBERT BURNETT, LITTLE ROCK, ARKANSAS.

There is quite a lot of literature on the treatment of typhoid fever and not much difference in it, as in spite of all of it the disease runs its course regardless of what is done. It is doubtful if there is any treatment, that is, drug treatment, for typhoid fever that has any influence except to modify minor conditions that are usually present, more or less, and prevent complications. If there is constipation Lloyd's specific chionanthus in 10 or 15 drop doses two or three times a day will produce mild laxative effect. Myrica cerifera is good for cankerous taste in the mouth and to keep the alimentary canal clean as well as other mucous membranes. It will influence the liver in a very desirable manner, sustain the heart's action, the vitality of the patient and prevent or control diarrhoea or hem-

orrhage. I prefer to add a small amount of capsicum to the myrica as this enhances its action in every way but it is not absolutely essential. Echinacea is a drug that can be used in all cases of typhoid as it is one of our best systemic antiseptics, a good intestinal antiseptic. It is a remedy that if used and it does no good it will do no harm; I use it in larger doses than it is commonly used. In an ordinary case 30 drops of Lloyd's specific echinacea two or three times a day is about right; and if necessary it could be given in drachm doses every three or four hours; it is a harmless remedy and one that is of value in typhoid fever if enough is used.

I have now mentioned the three drugs that I consider to be the most important in the treatment of typhoid fever, namely, chionanthus, myrica

and echinacea. Of course other remedies may be needed, as when the tongue is coated with a white, pasty rotten looking coat, sodium bicarbonate with myrica or chionanthus will be of much service. If acids are needed lemonade or orangeade can be used or the juice of oranges can be taken liberally. If desired the lemonade or orangeade can be taken hot and drunk freely, in fact this is a good way to treat typhoid fever is to have the patient drink all the hot lemonade or orange they can drink, and drink it as hot as they can drink it.

The fever can be controlled by the external use of water as this is much safer than coal tar products, veratrum, aconite, etc.

Alstonia constricta is a drug that is of value in most cases of typhoid fever. It sustains the heart and has a tendency to cleanse the mucous membrane. It has been claimed that potassium bromide is specific for typhoid fever, aborting it in eight or ten days, but I feel sure that it will not do it. A one-half per cent of chloroform is said to have the power to kill the bacillus of typhoid, and it has been given internally with phenol with satisfactory results. Potter quotes Lawrie that antimony cuts the disease short with such certainty that it is almost doubtful whether the lesion of typhoid is specific or is not; rather incidental or adventitious, and advises it to be given with cardiac tonics.

Phlegm in the throat is a rare occurrence. Potter recommends aromatic spirits of ammonia for this condition. I have seen the local application of

hydrogen peroxide recommended for this condition.

There is no doubt but what many cases of typhoid fever could be aborted at the beginning if heroic treatment was given, but such treatment is more dangerous than the disease.

Medicines should, in all cases of typhoid fever, be given in fluid form or suspended in some liquid; tablets, pills, etc., should not be swallowed whole. The diet should be a fluid, such as buttermilk or sweet milk if it agrees with the patient. Water can be used freely both externally and internally.

There is a system of mechanical treatment called chiropractic, which was learned from the Bohemians, and is claimed will abort typhoid fever in a very short time. It is claimed that one treatment or adjustment as they call it, which requires less than a minute to give it, will often abort this fever. There are several schools that teach this system but the best are, those run by Dr. A. P. Davis, of Denver, Colorado, and Dr. S. M. Langworthy of Cedar Rapids, Iowa.

These two physicians are authors of books explaining the chiropractic method.

Osteopathy offers nothing of particular value in the treatment of typhoid fever. Most physicians are acquainted with osteopathy as it has been taught by Dr. A. F. Still the founder and discoverer for several years in Kirksville, Mo., and there are many other schools of osteopathy.

Chiropractic has been used in Bohemia as far back as the oldest Bohe-

mians now living can remember. It is a mechanical system done with the hands on the spinal column, adjusting it at the part where the nerves branch out to supply the diseased part. The patient is placed on a table

or similar place with the back up and a sudden hard pressure is made on the spine which usually produces a cracking sound resembling the cracking of a joint. The chiropractic method deserves investigation.

The X-Ray as a Curative Agency.

THEODORE JUDSON HIGGINS, PH. G., M. D., M. S.

As an agency for stimulating retrograde metamorphosis in a class of cases upon which one may desire to increase disintegration of structures inimical to the physical welfare of the patient the X-rays are without a peer in medical science. We believe this to be a statement which the data in the possession of those making a careful study of this powerful therapeutic agent will bear me out in reiterating as my defense of this agency in the treatment of disease expression.

That this refinement of matter in the hands of the tyro is an element that may produce grave results is without question. For that matter so is aconite and veratrum, and dozens of other powerful drugs. Yet no man would think of discarding them because some man, through his inability to comprehend the fact that these remedies should be used with discretion and the utmost care, caused extreme injury and even death of the patient whom he was experimenting upon.

We are using the X-ray, and the ultra violet ray, and the sinuroidal,

and the plain faradic, and galvanic currents and various other agents in our practical work every day, and we get definite results that are entirely satisfactory. We do not produce deleterious effects upon our patients. Why? Because we are reasonably and relatively certain that we will derive certain results which are thoroughly practical and in our work, my dear readers, we wish to state that we are enabled to employ these powerful agencies to enhance the value of drug medication.

If these agencies are employed for the purpose for which Almighty God intended, viz., the harmonization and adjustment of force and matter into definite form, and the problems are worked out in accordance with the underlying principles of the only science which may be called practically exact, viz., the higher mathematics of form, proportion, apposition, correlation, attraction, repulsion, and in fact, the broader understanding of the fundamental principles of gravitation, density, tonic, atonic, molecular, and mass motion; then we can use this

refined form of force in the development of normal conditions where abnormal expressions have previously existed.

To illustrate my point, sugar is sugar; but granulated sugar made from the sugar cane is not granulated sugar made from the sugar beet. No, not by any means, and will not produce the same results in the formative process of general metabolism. Why is this so? We answer, because the reaction to the polarized rays of light in the one form is from left to right, whilst in the other it is from right to left, and as every perfect cell, every molecule of matter in the human body is a tiny electro magnet the results attained are obvious. Again, to perhaps be more plain, we have the alkaloids, and as an easy illustration let us take the ipecac. grown under natural conditions in the wild state. We will produce an emetine alkaloid therefrom. We will take the cultivated ipecac. and produce an emetine therefrom, and if this cultivated product is grown under abnormal conditions, let me tell you, dear reader, the emetine will not produce the same definite results that the drug grown true to its natural laws and in harmony with the curative force and under conditions as to soil, altitude and climatic conditions that are in accord with its normal development. There is nothing new as regards the X-ray excepting the application of this form of energy and the concentration thereof to the partial exclusion of other neutralizing forces.

The X-rays have always existed

and are a certain part of the potential of every organized form. It is really the duty of any physician and surgeon before he makes use of any remedy (no matter what the lauded status thereof) to study his weapon for himself; find out what his own capabilities are in the use thereof. Remember, no man has a right to deliberately trifle with the life of another, and that is exactly what the physician or surgeon does when he uses an agent recommended by another without a sufficient personal study of the remedy to warrant a certain feeling of moral certainty as to results to be attained by the administration thereof. If the patient has arrived at the years of understanding and then gives consent the proposition assumes a different phase entirely; but all men should keep within normal boundaries. There are plenty of animals to experiment upon which have in various parts of their anatomy organs similar to the human; for instance, the chicken has cataract of the lens frequently, and as that lens is practically similar to the human, for experimental purposes, we have used the *succus cineraria maritima* comp. (manufactured by the Walker Pharmaceutical Co. of St. Louis), on a chicken thus afflicted with practical success; and stating the case to a patient who had an apparently similar condition of the lens, we obtained permission to try the remedy and it was a success; and have since many times been successful with this remedy in this class of cases. We found by similar experimentation that the opalescence of the vitreous some-

times the result of inflammatory processes can be quite frequently aborted and normal vitreous fluid taking its place by the use of :

R Jaborandi spec. med. dr. ss.
Hydrochlor. cocaine 1% aque.
sol. dr. ss.

Glycerin, pure, dr. ss.

Lloyd's colorless hydras., dr. iss

M. Sig. 1 to 3 minims instilled onto the eye ball semi-weekly ; then the moderate application of the ultra violet ray for five minutes.

The effect produced is simply the absorption into the vitreous direct of a refined form of the drug forcing a reformation of the vitreous fluid more normal in character. One can easily find a horse in which this condition exists and can apply the idea suggested. That is the way in which we learned how to do the work first, and we can testify that we get satisfactory results in cases where human beings are thus afflicted.

Of course we know that awful mistakes are made every day by the misuse of any and all therapeutic agents; therefore let us be more conservative, at the same time let us be progressive. Let us all be good students. One point more, cover the zone upon which you propose to use the X-ray for purposes of examination with powdered oxy-iodide of bismuth provided you do not wish to produce caustic effects. The operator will find that a very certain method of neutralizing the effects often induced by excessive manipulation of the machine is to dress in pure white linen garments from head to foot, covering exposed

parts such as the hands, with some emollient dressing such as echafolta cream, or where practical, powder with powdered oxide of zinc.

Several X-ray enthusiasts have been killed through personal carelessness, but that does not alter the fact that this agent is of great value for the relief of human suffering, and as a means of prolonging and making life more livable for the poor victim suffering from organic lesions, which may possibly be beyond the true healing art, and we believe has enabled us by means at our command in numbers of instances through the systemic changes evolved to relieve the patient of the lesion supposed to be incurable, and through cellular changes, the normal resultant of changes brought about through systemic reformation, adduced by a subtle chemical transubstantiation of form in the blood stream itself to eliminate the diseased area present in the structure of the organ or organs involved, by the disease expression, and through an intelligent understanding of the various processes of metabolism to reestablish new cells, not scar tissue, in place of the diseased cells.

Brother, remember this—abscesses are nothing more nor less than the logical resultant of the abortive attempt of nature to rid herself of the accumulations of a faulty metabolism no matter what may be the cause thereof. Do not induce abscesses. If possible, try to prevent the formation of pus. The ultra violet with the local application of the indicated remedy (I wish to emphasize that word

indicated) will enable you to accomplish wonders. Use systemic treatment as indicated, using the ultra violet as indicated, and numbers of cases that are subjected to the knife under present modes of treatment will recover as by magic. If pus has actually formed do not delay; operate, and the sooner and more effective the procedure the quicker and better the recovery; and right here let me say that I am the enemy of scar tissue. It is at best a vicarious attempt at recovery, that permits of the formation of scar tissue to any great extent; this can be prevented by the proper use of the X-ray with the indicated remedy thoroughly applied to the wound at each sitting, and then the proper exercise of patience.

Remember, if a preparation of pure red oxide of lead is indicated use it; if on the other hand *grindelia robusta* is the remedy indicated don't hesitate to use it as the application, or if pure powdered crystal flint glass is the remedy use that as the protective cov-

ering. Whatever you do apply the remedy indicated in the given case. Then apply the X-ray just sufficiently to enable yourself to distinguish the osseous structures from the other elements present, then immediately cease the application of the X-ray for the sitting, but continue the application of the remedy to the part (until the next electrical treatment) during the interim, desired results will follow.

The X-ray is a powerful agent, and we suggest the utmost care and caution in administering its properties to the patient. When thoroughly acquainted with its effects after careful study we still recommend the utmost vigilance and care in its administration; and as Prof. Scudder used to recommend the smaller the dose of medicine to attain the results desired the greater the achievement of the practitioner; so with the X-ray The shorter the time of exposure to gain a definite result, the greater the achievement of the operator, the higher skill displayed.

The Examination of a Patient With The View of Giving Medical Opinion.

BY GEO. F. WILSON, M. D., PORTLAND, ORE.

Read before the Oregon State Medical Society, July 12, 1907.

The idea of selecting this subject for a paper, which will be confined chiefly to cases of injury, was prompted by the many slurs which are cast upon medical experts; and

their testimony before courts and juries, and a desire to point out, in a way, how such opinion might be made to carry more weight in an individual case, or allow the reviewer of a report

to form a just conclusion as to the merits of the case.

In the accident insurance business it is a well recognized fact that the possession of a policy is in no wise conducive to a speedy convalescence; in other words, so long as an individual is receiving pay for being hurt he lacks the incentive to recover on account of the partial support which is afforded by the policy.

The individual is allowed a period of rest from his work, and although he may be sacrificing a certain amount of money, he feels that a "drawdown" is due him from the company. There are but few policy holders who are not influenced in this way, though many, to be sure, would not acknowledge it even to themselves.

They are perfectly honest in many cases, as it is due to a mental process; the disability or pain is dependent simply on idea and such impression lingers in their mind long after it should have disappeared. This is seen in cures by Christian Science, when highminded, intelligent people persist in using crutches and other aids to locomotion and are induced to throw them away after being imbued with a proper amount of faith.

Now, taking the other side of the question, if an individual who is employed by a large corporation and is injured in such employ, he is against a soulless proposition. There is no one, benevolent, soft-hearted individual at the head, but the case is generally handled through a claim department.

The claim agent is employed by the

company to adjust all claims to the best advantage of his company; his accounts are vouchered, and if it becomes generally recognized that he is making foolish adjustments some other man would be put in his place. As a rule, on account of the greater cost of litigation, companies prefer to settle their claims out of court, but just as a housewife entering a store wants to know what she is buying so a company desires to know what it is paying for.

These remarks are indulged in simply as a prelude to the first important factor in an examination, and that is prejudice or bias either for or against an individual or company.

A family physician, unless of unusual steadfastness, can rarely be a true expounder of the truth on account of his bias which is due to his position as such attendant. Unless he finds and reports in accordance with what his patient believes to be true, he would lose caste with that patient, therefore his prejudice, unconscious maybe, is bound to warp his judgment.

A disinterested physician should be free to work as he chooses, curbing his prejudices to the fullest extent of his ability, but as the individual as against the company, has everything to gain and nothing to lose, there can justly be permitted a slight prejudice against, rather than for, the individual.

A medical man employed by a corporation may become calloused by being thrown in contact with many alleged and true cases of injury, but he is worthless if he is influenced in any manner by prejudice. It is through

him that the company finds out what it is paying for, and if he continually advises wrongly someone with better judgment is selected to take his place.

A story is told of a superintendent who was advised that a certain passenger had been permanently injured. She hobbled into his office on crutches to arrange for a settlement, and after this had been effected had almost reached the outer door unassisted when the superintendent called after her and said: "Oh, Madame, here are your crutches; won't you need them to lean on?" "No," she replied, waving the check in the air, "I will lean on this for a little while."

I feel that there must have been some bias in this case to have allowed the medical examiner to have wandered so far from the truth, but it surely did not give the superintendent a very high opinion of medical acumen. The true complexion of a case is surely often hidden by prejudice.

After the examiner has thus purged his mind of any inclination pro or con, then only is he in a proper frame of mind to proceed with the examination. This should be begun by getting a narrative of the events immediately following the receipt of an injury, the position occupied, whether sitting or standing, whether unconsciousness supervened, whether assistance was rendered by bystanders or he helped himself, where he went and how he reached there, whether food was taken and how soon he sought medical aid.

Often the thought of compensation does not occur until after a lapse of

several hours or days, and then the testimony of a physician is required to substantiate the presence of a hurt. Sometimes, too, legal advice is obtained before a doctor is called.

The character of the contusing force should be inquired into.

A lady I was once called upon to examine was in bed three months after a shake-up on a train where she was made to sit down more or less violently on a cushioned seat, striking her buttock against a window ledge. There was a contracture of the muscles of the leg and thigh fixing her knee and ankle, and with no other signs of spinal cord or brain injury.

Besides being a very poor witness for herself as regards tactile, thermal and other impressions, all her symptoms disappeared when her attention was diverted, but that cost that company three thousand dollars. Now, what sort of injury could anyone receive from a force so applied?

That part of our anatomy has been reserved for the parental slipper since time immemorial, yet still another individual hurt on a freight train nursed a contusion of that region for ten days, left the hospital, developed pneumonia and the medical testimony showed to the extent of seven hundred dollars (granted by the court) that the pneumococcus having a normal habitat in the mouth found a place of low resistance at this point and hence the pneumonia: If you are ever unfortunate enough to come in contact with a number ten boot, seek your bed at once for fear of pneumonia; yet, it must be more or less rare, consider-

ing the number of "lickings" some of us have had.

The statement of the injured person, or even his relatives, must be accepted only on their true worth, and must be carefully weighed.

A man was once referred to me who gave the history of having fallen down his own well; he was much contused, and the lower border of the ribs were in contact with the iliac crests, as if he had been shut up like an accordion. There were absolutely no symptoms of any injury to the cord. I put on a plaster of paris jacket, however, which he substituted a month later for a pair of his wife's corsets. It is needless to add that the deformity was not relieved, and I have often thought if, for instance, he had fallen down a railway company's well how much of an impression my testimony would have made on a jury that such a deformity could not have come on suddenly, without cord injury, in the face of the testimony of his wife, himself and brother that he was a perfectly erect man prior to the fall.

After getting the history, there should be made a careful examination of the body of the individual, allowing him to dress and undress himself as far as possible unassisted, so as to see the attitudes and postures that are assumed. A man with a truly injured arm, for instance, will draw the coat sleeve carefully up over the afflicted member and hunt for the coat sleeve with the uninjured member. Malingerers do not think of these things, and I have been able on two or more occasions to suggest a rehearsal should

have been practiced before submitting to an examination.

Begin at the top of the head and proceed directly downwards, interrogating the position and character of each organ and how it is functioning. Conduct the examination yourself, and be prepared to get prejudiced against a patient who is anxious to tell you how to elicit certain symptoms, fearing you will overlook them. In order to determine the presence or absence of any true injury to the back, see if the same attitude is assumed at different times in stooping or picking an object from the floor. Do not be too much influenced by painful spots or even pain which has persisted without any objective symptoms for several months, and especially where it does not follow along definite nerve tracks. Sensitiveness to pressure over the spine is common in many neurotic or neurasthenic patients and in the absence of symptoms otherwise suggesting an injury to the cord is of no moment. Look out for anomalies of development, either congenital or acquired. Very few of us are symmetrical, and do not be deceived by such anomalies.

I examined an individual once whose chest wall beneath the left nipple was concave instead of convex. He claimed that to be the result of force applied with great violence, but for a moment only, and was fortified with witnesses prepared to swear that the concavity did not exist before his accident.

It would be just as impossible to stave in a barrel or a cocoanut with-

out fracture as to produce such an injury in an adult without breaking the ribs or separating the cartilagenous attachments.

While on the subject of anomolies, what I wish to make especially emphatic is to be suspicious of any and all that do not follow anatomical or physiological lines that are not described in the text books or that cannot be explained even on common sense grounds.

I was a witness against a man who claimed an injury to the left arm. Two medical witnesses testified that there was a paralysis of the muscles of the neck. The man was a fake; he had a withered right arm, had increased the size and weight of his left arm by excessive use so as to make it much larger, the anomaly which deceived the physicians was due to a drooping of the shoulder from the increased weight of the arm.

Many bones on the two sides are of different lengths; measure individual bones instead of an entire limb.

A girl with hysterical contracture at the hip joint and an impression of hip joint disease from the suggestion by a physician of such disease showed a perfectly normal joint under an anaesthetic, but the femur was more than an inch shorter than the opposite one. Overlooking this anomaly and treating her for joint disease gave her the hysterical suggestion.

I will not go into technical methods of testing the reflexes of the presence or absence of sensitiveness to tactile, painful, or thermal impressions.

Impaired muscular strength in the

lower extremities is determined by inability to draw up the legs or to flex the thigh on the abdomen without flexing the knee.

I once examined a man who simply dragged one leg and was unable to lift the same leg from the bed. I could not properly interpret this symptom, believing the man was not a malingerer until I saw in Ziemssen's Encyclopædia that this is a most frequent symptom observed in cases of Paralysis Dependent on Idea, which is considered by Reynolds as a distinct entity.

Muscular weakness in the legs is further demonstrated by asking the patient to stand on each leg separately, also to assume a squatting position, then rising up to an erect one.

Such a patient under treatment for a fall from a height, and thought to be feigning, was referred to me for examination. There was no anaesthesia or other disturbance of the skin, but when asked to flex the knees slightly while in a standing position he would immediately fall to the floor, and his efforts to follow out my requests to bend the legs, raise them from the bed, etc., were apparently so genuine that I became steadfast in the belief that he was really hurt. This man, now four years or more since his accident, is still on crutches as a result of cord injury. I am farther fortified in the belief that he was not feigning by a reference to his hospital clinical record, a very great aid in many ways toward forming a correct estimate of a case. He had run a temperature and had both bowel and

bladder disturbance early in his sickness. As against this case the individual who claimed that his chest wall had been forcibly crushed in remained in the hospital during the nineteen days immediately following the injury, and his clinical record showed no disturbance at any time of pulse, respiration or temperature. It must take a pretty hard individual to be so little phased by such a degree of violence.

I appreciate that this paper is by no means a scientific one, but it was not intended as such. It is more or less a narrative of personal experience, and as such may be the means of giving warning against various pitfalls that any and all of us are liable to fall into. It can not be other than an embarrassment to any of us to be saluted as "Doc" by some individual whom we have reported as being at death's door or fatally or permanently injured, and have him wave his recovered member in our face, or be twitted by a friend that such and such an individual is a lively looking corpse.

On the other hand, a medical man cannot look back with much pride on his work at seeing a poor unfortunate still on crutches whom he reported as slightly injured, and thereby deprived him of just recompense for his pain and suffering and his inability to earn a livelihood.

All of us have made mistakes. I have made a great many, but after an experience in this kind of work extending over a period of eighteen years, through an honest endeavor to get at the truth without prejudice, favor or

affection, I have the consciousness of never having deprived a man or his family of what was properly due them.

The truly injured, like an innocent man, can ordinarily establish that fact; but the fakirs are largely in the majority.

The appointment by the court of two or more honest, competent and disinterested medical men would be of signal help in bringing out the truth in many cases which go to litigation.—*Medical Sentinel*.

DANGERS OF IMPURE FOODS.

Impure foods are classified by Dr. Vaughan in *St. Paul Medical Journal*, April, 1907, as:

(1) A food that is deficient in nutritive and economic value or does not contain the food principles in normal amount, as for example milk that has been skimmed or diluted, sausages filled with peas, beans, potatoes, etc.

(2) One that is adulterated or mixed with some article of inferior value, as butter coloring, cheese filled with lard, cream colored and given body by gelatin, wheat flour mixed with rye, corn or starch. Fresh fruits and vegetables cannot be adulterated, but the field is broad for canned goods. Jams and jellies made from glucose and apple juice, including core and parings, to some even timothy seed is added to deceive by being accepted as evidence of fruit seeds. Canned goods in themselves are not dangerous if the process is carried out thoroughly and conscientiously. Meat and other foods are first sterilized, then packed in airtight containers. The danger is in

imperfect sterilization leaving bacteria to multiply within the can or that new bacteria may enter if can is not tight. Always examine ends of can, which should concave; if they are bulged out it is fair to infer that bacteria have been at work inside forming gas. Ground coffee is adulterated with ground cereals, peas, beans, etc. Spent tea leaves are dried and mixed with fresh leaves.

(3) One that is made to appear better than it is as process or renovated butter. Rancid butter is heated until the fat melts, curd and brine are drawn off and air blown through the liquid fat to remove the odors; then it is poured into milk, churned and rapidly cooled, when it becomes granular and can be worked. The above impurities are relative rather than absolute, as none of them contain substances actually harmful to the body. They are, however, commercial frauds and the purchaser pays for more than he gets.

(4) A food that is partially decomposed.

(5) That from a diseased animal.

(6) One infected with organisms that may produce disease in man, as the introduction of poison producing bacteria into food before its consumption, the greatest example of which is summer diarrheas due to impure milk. Cleanliness at the dairy, refrigeration in transportation and sterilization are now required for the bottled baby. Cheese, custards, ice cream, cream puffs, are also liable to bacterial infection during hot weather.

(7) A food to which any substance

harmful or detrimental to health has been added, as the addition of preservatives to keep food in a fresh state. Formaldehyde in milk will prevent souring, but does not limit the growth of colon and typhoid bacilli. In such cases preservatives are actually dangerous, as they remove the danger signal but leave the danger. An article to be a poison need not kill immediately. Dr. Vaughan defines a poison as any substance that destroys or impairs the action of certain cells of the body and the immediate effect on the life of the individual depends on the number of cells put out of commission.

These factors are essential in a food preservative: (a) It must keep the food in a wholesome condition, not merely retaining the appearance of freshness. (b) In the largest quantities used it must not materially impair any of the digestive processes. (c) It must not be a cell poison, or if such it must be handled by persons qualified and officially authorized to do so.—*The Dietetic and Hygienic Gazette.*

The distressing thirst after abdominal operations, where fluid by mouth produces vomiting, is best relieved by subcutaneous infusions of normal salt solutions; or by the insertion of a tube into the rectum connected with a bag of saline solution placed just above the level of the patient's hips, allowing the injection of water drop by drop and so slowly that no irritation of the rectum is set up. The patient may in this manner receive small quantities of water for hours.—*American Journal of Surgery.*

CALIFORNIA MEDICAL JOURNAL

D. Maclean, M. D., Editor.

F. C. Maclean, M. D., Mgr.

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Editorial.**INDEPENDENT JOURNALS.**

The tendency of the times is socialism or fraternalism. Medical Colleges are coming under the wings of the State. Medical journals under State society management. The individualism in college and journal is becoming less—the State and society dominating.

We should take time to consider whether this is best for medical progress. The State has never been able to run any enterprise with as good success as private individuals. This is true in the educational as well as the industrial. No State university compares favorably with the private corporate universities. Every State has its university, but with a few exceptions it is never heard of outside its own borders.

The State Journal is an irresponsible institution. Its subscribers—it has none, as it is furnished on society membership have no great interest in its welfare.

We hope to see the pendulum change

and more interest taken in the private medical journal. Each reader taking a personal interest and contributing to its columns from observations and experiences in the practice of their profession.

INSTITUTE OF MEDICAL RESEARCH.

All the failures and little minds of the country are always barking at the heels of Rockefeller because of his success. True, his business methods may not have always been on the principle of the golden rule, but whose business methods are? He has liberally donated to education. He has donated \$500,000 to "Medical Research" which will endure as a monument to his liberality and usefulness as long as time shall last.

We shall expect valuable results that shall benefit humanity. A short time ago the institute has made a discovery of a new anaesthetic; or a new use for an old remedy which is perfectly harmless and safe. A 20 % solution of sulphate of magnesium injected into the tissues has been ascertained to produce local and general anaesthesia. This is a valuable contribution to medicine if after due time it shall have been found that all that is claimed for the discovery is true.

PHYSICIAN'S ATTENTION.

Drug stores and drug store positions anywhere desired in U. S., Canada or Mexico. F. V. Kniest, Omaha, Nebraska.

National Eclectic Medical Association.

January 14, 1908.

Dear doctor:

The time for the meeting of the National Eclectic Medical Association is fast drawing near. The meeting in Kansas City, Mo., in June of this year requires the presence and cooperation of every Eclectic in this union. No better time for organization could possibly exist than now, and certainly no time ever called more loudly for a united action than at present.

The tendency to indifference and lethargy must be thrown off, and a strong pull for the hearty operation of united efforts must be encouraged. Make yourself promise to attend this meeting, and keep yourself fully informed of all matters concerning it, by subscribing for ALL of the Eclectic Medical Journals, thereby not only improving your own fund of information, by helping the various journals to improve their present enviable condition by your help and courage.

No man can be a good physician and be a sluggard, he must either go forward or retrograde, there can be no halfway place, with ease and pleasant comforts unless he first puts forth all his energy to help others as well as himself. So wake up, rub up, and by contact and friction against your brethren take on a higher degree of polish medically speaking.

Make a firm determination to attend the meeting in June, and help us as well as yourself.

I am Fraternally,

L. A. PERCE, Pres.

*Los Angeles, Cal.***URIC ACID IN DIET.**

F. C. EVE calls attention to the work of various prominent investigators in the line of dietetics. He considers that the apparent lack of accord in the relative injuriousness of the varieties of flesh, between analytical anticipations and clinical experience is a serious difficulty, and leads one to suspect that the real nitrogenous culprits, or all of them, have not yet been caught. He thinks that in an ordinary person, on an ordinary mixed diet, only about half the uric acid and other purins which appear in the urine are due to the necessary wear and tear of the body, the other half being due to purins needlessly taken in in the food. It seems desirable in dieting the large class of patients who appear to have inadequate livers or kidneys to know the amount of purins in the various nitrogenous foods. There is a considerable amount of clinical and experimental evidence tending to prove that purin bodies act as tissue poisons, especially in susceptible individuals, and where the cleavage of the proteid molecule proceeds abnormally. He refers to Haig, who allows only purin-free diet, which is unattractive and mainly vegetable, and to Fletcher and Someren, who insist on a prohibitive duration of mastication, and to Chittenden, who simply limits the quantity of nitrogenous food to its lowest possible limit in healthy individuals. All three of these men have achieved wonderful results both in health and disease. The writer thinks that a chief result

of these systems is that the quantity of nitrogenous food is diminished by an oblique method which is most useful in dealing with many patients. Another common factor of unknown potency is the subconscious effect of enthusiasm on metabolism.—*The Practitioner*.

THE OPERATIVE TREATMENT OF CARCINOMA OF THE RECTUM.

Berndt, in discussing this subject, says that the two chief dangers of the extirpation of the rectum are intestinal gangrene and infection of the abdominal cavity and the wound. Better results than those obtained at present are to be expected only if these two dangers are avoided with certainty. Even the most accurate anatomical knowledge of the normal blood supply of the rectum does not insure against gangrene, for it is impossible in the living patient to ascertain the individual peculiarities of vascular distribution, etc., with sufficient accuracy to guard against serious impairment of the blood supply. It is, therefore, better to operate in two stages to choose as high a portion of the gut as possible for implantation into the anus. Infection of the abdominal cavity and wound can be avoided with absolute certainty only if the intestine is not severed or opened within either of these. The plan of operation he proposes is as follows: The anus is completely closed by suture and then the rectum is exposed through an incision along the left border of the coccyx and the sacrum; the wound is packed with gauze, and the intestine, with

its lymphatic glands, is exposed and loosened from its attachments through a laparotomy incision. The portion to be resected is pushed out through the sacral wound and the peritoneum is sutured carefully about the portion drawn down. This terminates the first act of the operation, and the second is performed as soon as intestinal gangrene has begun. It consists in removing the growth, together with the gangrenous portion of the intestine, by means of the cautery. The upper stump is drawn down and is sutured to the anus. If the accumulation of gas or feces renders it necessary to open the intestine before it is time for completing the operation, this may be done without risk of infecting the wound, as the portion of gut to be removed can be drawn out for some distance and its contents be received in a suitable receptacle without soiling of the wound area.—*New England Medical Monthly*.

SURGICAL SUGGESTIONS.

Persistent bleeding or irregular prolonged menstruation is very suggestive of uterine fibroids.

Large intraabdominal abscesses are often better drained by making a counter-incision in the lumbar region.

Woven silver wire for suture material in a recurrent hernia will often succeed when all other means fail.

Orchitis after an operation for hernia is best relieved by wet or glycerin dressing with elevation of the scrotum.

The blood should be examined in

all cases of gangrenous gingivitis for evidences of acute lymphatic leukemia.

Bilateral swelling of the knee joints without pain, in a child, is due either to syphilis or tuberculosis, more likely the latter.

Swabbing out a sinus filled with exuberant granulations with glycerin will often dehydrate them, making them fresh and healthy.

A tumor in the soft parts of the cheek near a tooth cavity is often a dentigerous cyst. If the tumor is hard an odontoma may be diagnosed.

A large tumor supposedly a growth of the ovary may be a retroperitoneal mass, usually a sarcoma, having no connection with the sexual organs.—*American Journal of Surgery.*

THE COUGHS FOLLOWING GRIP.

Dr. John McCarty (Louisville Medical College), in giving his personal experience with this condition, writes as follows: "Ten years ago I had the grip severely and every winter until 1902, my cough was almost intolerable. During January, 1902, I procured a supply of Antikamnia & Codeine Tablets and began taking them for my cough, which had distressed me all winter, and as they gave me prompt relief, I continued taking them with good results. Last fall I again ordered a supply of Antikamnia & Codeine Tablets and I have taken them regularly all winter and have coughed but very little. I take one tablet every three or four hours and

one on retiring. They not only stop the cough, but make expectoration easy and satisfactory. The best results are obtained by allowing the tablet to dissolve slowly in the mouth before swallowing."

CHRONIC CERVICITIS.

By T. M. MONROE, M. D., Center, Mo.

This is a condition which frequently confronts the general practitioner and gynecologist. Leucorrhea, a symptom which many ignorant persons wrongly consider a disease is due in a large percentage of cases to a large increase in the amount of cervical discharge. Two kinds of infections attack the glands of Naboth. The first variety occasions a purulent discharge which may appear only at times when the infected gland discharges its contents. The second variety begins as a rule when small retention cysts form in the cervix. Retention and decomposition of gland material sets up a low grade inflammation which may persist for years and prove very difficult to cure. Chronic cervicitis is characterized by thick transculent glairy discharge.

In general the treatment of this disease is surgical and local, although in certain cases where the patient's condition is one of lowered vitality, hygienic conditions should be improved and tonics employed.

Free drainage should be afforded the infected structures, and this can best be accomplished by puncturing each distended gland which feels like

a shot or pea to the palpitating finger, with the tip of a bistoury, allowing the escape of purulent or glairy material.

Tincture of iodine should be painted over the surface after scarification and douches twice daily, together with applications of mild astringent antiseptics, should effect a speedy cure. In such conditions, Katharmon is very valuable since it is non-irritating, and prevents septic decomposition. Among other ingredients it contains hydrastis, phytolacca, bore-salicylic acid and sodium pyroborate dissolved in pure distilled extract of witch-hazel. Hydrastis is a valuable alterative, astringent and antiseptic, when applied to diseased mucous membranes, and phytolacca exerts an abortive influence on beginning inflammations.

Borosalicic acid and sodium pyroborate are efficient antiseptics, disinfectants, and deodorants, and witch-hazel possesses the tonic and astringent properties possessed by tannin. Thus the value of Katharmon is readily understood when the physiologic effects of its constituents are borne in mind.

NERVOUS NEURALGIA.

Dr. Francis E. Anstie, a well-known London physician, describes neuralgia as follows: "It may be defined as a disease of the nervous system, manifesting itself by pains which, in the great majority of cases, are unilateral, and which appear to follow accurately the course of particular nerves, and ramify, sometimes into a few, sometimes into all the terminal branches of the nerves."

It is readily observed how such a disease permeates and controls the entire nervous organism and to be eradicated some remedy that direct its sedative force against the central ganglia must be employed. Such a remedy is Daniel's Concentrated Tincture *Passiflora Incarnata*. Its action on the nerve is direct and potent, and unlike the opiates, leaves the mind and bodily organs in better condition when its effects subside. It is a natural narcotic and hypnotic and gives the best results in all diseases of the nervous system. Let the patient sleep normally and his recovery is assured.

HINTS REGARDING NASAL CATARRH.

By W. H. WAKEFIELD, M.D., Charlotte, N. C.

Every physician in active practice is continually being consulted by patients suffering from acute, sub-acute or chronic inflammation of the nasal passages. The nasal cavity should always be kept clean by flushing or spraying with a non-irritating antiseptic solution alkaline in reaction. Many formulas suggest themselves but I find myself more and more using Glyco-Thymoline, one part added to four or five parts of normal salt solution, warming it before using. This can be applied by means of a nasal douche, sniffed from the palm of the hand or by means of an atomizer. Instruct the patient to blow the nose and expel the loose discharge, then apply the remedy again and again until the nose is clean. Keep it clean by repeated applications three to five or six times daily as each case needs.

DR. J. NOWACK, Professor at Royal University, Vienna:

"If a dose of the Syrup is administered in a glass of wine or water an hour before going to bed the patient goes to sleep quietly without any excitement. I can recommend Fellows' Hypophosphites to all medical men in CASES OF SLEEPLESSNESS."

Book Notes.

The Eclectic Practice of Medicine. By Rolla L. Thomas, M. D., Professor of the Principles and Practice of Medicine in the Eclectic Medical Institute, Cincinnati, O.; Ex-President of the National Eclectic Medical Association; Consulting Physician to the Seton Hospital. Second Edition, 1908. Illustrated with 2 lithographs in colors, 6 color prints and 57 figures in black. 8vo.

1033 pages. Price, cloth, \$6.00; sheep, \$7.00. The Scudder Brothers Company, Publishers, No. 1009 Plum Street, Cincinnati, Ohio.

The fact that a second edition of Dr. Thomas' very excellent work has been necessary within eighteen months speaks volumes for the general need of such a book. The sales have been among physicians of all schools, and everywhere it has met with praise and approbation.

The second edition has all the good qualities of the first, and in many ways has been improved. It is certainly a book of which all eclectic physicians should be proud, demonstrating as it does the fundamental principles that underlie successful eclectic practice and their application in individual disease conditions. If you have not already a copy we advise you to secure one at once.



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